

YOUR ADVANTAGE

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Dumpster diving, panhandling and drinking were once everyday activities for Frederick “Freddy” Shegog. In his early twenties, he entered a spiral of addiction that pulled him away from his childhood dreams. Despite a decade of alcohol abuse and time spent homeless, Shegog was able to transform himself into an honors student at Delaware County Community College in just two years.

Shegog enrolled at the College in the fall of 2017 because he knew community colleges offer a variety of educational support services. Through Act 101 and the Keystone Education Yields Success programs, he found his footing and was introduced to a few of the people he credits most with his success: counselor Rose Kurtz; Dr. Kendrick Mickens, Director of First Year Experiences; and Erica Reeves, Retention Specialist. “The personal connections I’ve made with faculty and staff have changed my life personally and academically,” he says.

Now, through his connections at the College and his motivational speaking company The Message, Shegog is on a mission to help others combat substance use disorder and to change the way colleges serve students in recovery. “I hope that one day soon, students will not have to fight for addiction and recovery services, but that they will be as common as finding the bookstore.”

Read Shegog’s full story » dccc.edu/f-shegog

FREDERICK SHEGOG

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